



**~Michigan's #1 Age-group diving program & Top 20 Team in the Nation~**

## **2018-2019 Diving Season**

### **Learn to Dive Team & Intermediate Team Programs**

#### **MISSION STATEMENT**

The mission of the Legacy Diving Program is to promote the sport of diving within a safe and positive environment. Our main objective is to teach the proper mechanics and techniques of diving, which is an essential foundation and progression to success in the sport of diving.

Welcome to the Legacy Diving Program. This packet will provide you with the information necessary to become a member of the Legacy Diving Program. The policies & procedures have been implemented so that there is a clear understanding of what is expected of both athletes and parents involved in our program. Please keep this information, as it may be helpful to refer to from time to time.

As we continue to grow our program to one of the nation's best, we must make communication a top priority if we are going to reach our goals. Therefore, if you have any questions regarding our training progression for the Learn to Dive & Intermediate Team program, please call or e-mail Coach Larry Albright to ask for clarification or guidance. Our goal is to provide a productive and positive experience for the children, parents, and the coaching staff. We are looking forward to facilitating the growth of your child in the sport of diving.

#### **FACILITY**

##### **Oakland University Natatorium**

We are located in the Recreation Center Natatorium on the campus of Oakland University. We train in a beautiful 50m x 25yd indoor pool with a Hot Tub behind the 1 meter boards. We have the following equipment for our diving program:

- Indoor diving facility
- 14' pool depth
- Two 1m springboards on concrete with water spotting rig
- Two 3m springboard on concrete with water spotting rig
- 5 meter platform with rough-tex surfacing.
- 1 trampoline with spotting rig
- 1 Dry Board with spotting rig
- Two 46" flat screens with TIVO systems water stations
- stall bars
- Poolside platform box

# Legacy Diving Coaching Staff

**Larry  
Albright**  
Head Coach  
& Program  
Director

Larry Albright is in his 12th season as the diving coach for men and women for the Golden Grizzlies after joining the program in 2006. Albright arrived at Oakland after a three-year stint as a club coach for Starz Diving in Indianapolis where he worked with John Wingfield, the USA national team coach/director. In 2014 and again in 2015, Albright earned Horizon League Women's Diving Coach of the Year honors after mentoring Tricia Grant to a stellar junior and senior campaigns, respectively. Grant became the first diver in Horizon League history to advance to the NCAA Championships in 2014, where she finished 31st on the 1-meter board and 25th on the 3-meter. In 2012-13, Albright tutored Grant to a 13th place finish on the 1-meter board and a 15th place finish on the 3-meter board at the NCAA Zone C Regionals. He coached and administered the Starz Diving Satellite Program and was responsible for coaching the techniques and mechanics of diving while also overseeing the strength and conditioning component of the program. Albright also served as the head diving coach at Franklin Community High School for both the boys and girl programs. A native of Walled Lake, Michigan, Albright has also coached diving at his high school alma mater, Walled Lake Central. He has also worked with former Oakland diver and coach Buck Smith, who is now the head diving coach at Eastern Michigan and head coach of the highly successful Legacy Diving Program. During his time in the coaching ranks he has coached four high school All-Americans and six all-state performers. He has also had a pair of high school regional champions under his tutelage.

**Carla  
Szpunar**  
Assistant  
Head Coach

Carla was an AAU age group diver and moved on to dive for Eastern Michigan University under Mike Lyden. She broke EMU's 3 meter school record, placed in the finals for several MAC championships and competed at NCAA's. Carla's favorite days of training came one summer in Mission Viejo California where she trained with Greg Louganis and the Mission Viejo Nadadores. She recalls the amazing talent Greg had and the incredible work ethic he set forth for the team. Carla's coaching experience has included coaching for the Ann Arbor, Ypsilanti, Sterling Heights and Rochester school districts. She's had many divers compete at State Meet including several qualifying for nationals. Carla has been with Legacy Diving for the last 6 years. She is passionate for the sport of diving. She is an enthusiastic and energetic coach and we are happy to have her as part of our Legacy Coaching staff.

**Kevin  
White**  
Assistant  
Coach

Bio will be added to this packet and the information may be requested via email next week.

**Shawn  
Daily**  
Assistant  
Coach

Bio will be added to this packet and the information may be requested via email next week.



## Intermediate Team Information

### Intermediate Team Criteria & Program Details

This team is designated for those divers who were successful in our Learn to Dive Team program and demonstrated/passed the basic skills on all stations in order to progress into a more consistent and intensive program. These divers are highly encouraged to commit to practicing **2x/week minimum** and compete in at least **two** of the Michigan Diving Association meets, as well as the State meet. Divers will have instruction on the proper basics and mechanics on 1m & 3m springboards, as well as trampoline, dry-board and belts.

Days & Time: **Sunday, Monday & Wednesday**  
**5:00pm - 7:00pm**

### Intermediate Team Financial Responsibility

United States Diving Membership: All Divers must join USD & MDA (Michigan Diving Association) in order to dive in our program. The USD membership cost is \$20. Visit [www.usadiving.org](http://www.usadiving.org) and click on Membership-join now- choose Competitive Blue Membership. Fill out and complete all information including *Association: Michigan & Team: Legacy Diving*. **EVERY DIVER MUST PRINT OFF THEIR COPY OF THE MEMBERSHIP CARD AND/OR PROVIDE YOUR MEMBER # BEFORE YOU CAN BEGIN PRACTICING.**

REC ID card: **\$10.00 (one-time fee paid to the REC directly)**

Annual Registration Fee: **\$25.00/diver** \*please include with your first payment

### Practice Session Fees: Training sessions run 8 weeks

On the registration form below please indicate the number of days per week you plan to attend. Attendance is taken at each practice, you may increase your days per week at any time during the session & your fee will be adjusted.

1x practices per week \$197/8 weeks + \$ 75 membership fee= \$272

2x practices per week \$343/8 weeks + \$100 membership fee= \$443

3x practices per week \$385/8 weeks + \$125 membership fee= \$510

### Legacy Membership Fee

Billed every session and included above in your fee scale total. The fee covers pool rental, coaches salaries, Michigan Diving Association fee and Legacy Membership.

### Annual Registration Fee

A one time annual fee of \$25 to be included with your 1st practice session payment

### Competition/Coaching Fee

\$30.00 for any Michigan Diving Association Future Champion events.

\*All registration fees for competitions will be paid by each individual diver

# Legacy Diving Billing Policies

1. **Please designate the number days you will be practicing on your registration form.**
2. After we receive your registration form/liability form we will add your Name and **Email** to our billing website. Once added, you will have a Legacy Diving Account and will receive a username and password via e-mail. Be SURE to submit the Parents Name and Email address on the registration form that you would prefer to be listed as the Legacy Account Manager. We have a drop-box located in our dry-land area to submit your check and paperwork.
3. Training fees will **only** be prorated when practice is not being offered due to a cancellation or if a new diver starts after a session has already begun. **\*\*If you miss a scheduled practice due to vacation or illness, you can make it up on another day that practice is offered during the current session. There are no refunds for missed days or dropping out of the program.**  
*\* Exception: major illness or injury*
4. **Training fees are due upon receipt of your bill or during the first week of practice during your session. If payment is not received within this time frame a late fee of \$20 will be added to your account.**
5. Families with more than one diver in the program will receive 10% off of their total cost. A family with more than two divers in the program will receive 20% off total cost.
6. Competitive divers are responsible for paying all meet entrance fees in advance. In most cases, meet fees are non-refundable. Divers are responsible for their own travel costs for each meet.
7. Competitive divers are responsible for paying all meet registration fees in advance. For a MDA meet, you will be able to submit one check to Larry Albright which includes your Legacy Coaching fee, and your Meet registration fee. In most cases, meet fees are non-refundable. Divers are responsible for their own travel costs for each meet.
8. Legacy Coaching Fees are collected prior to leaving for the competition:  
*\* \$30 for Michigan Diving Association Future Champions events.*

★ **Please note: If the total cost of the coaches time and travel expenses is greater than the coaching fees that are listed above, then the total cost will be divided equally among the divers competing in that meet.**

★ **All Billing Questions should be directed to the Business Manager:**  
Kari Albright at 248-875-8377 or email: [legacydivingou@gmail.com](mailto:legacydivingou@gmail.com)

★ **All Coaching/Training Questions should be directed to:**  
Larry Albright at 248-760-9676 or email: [albrigh3@oakland.edu](mailto:albrigh3@oakland.edu)

# **Behavior Policies**

## **Divers Role**

All divers are required to follow all of the rules of Oakland University and the Rec. building, as well as Legacy Diving rules. It is expected that all divers respect ALL coaches on the coaching staff, as well as fellow divers. Divers exhibiting poor behavior or bad attitudes will be asked to leave practice. Repeated attitude or behavior problems will result in removal from the program.

## **Parental Role**

All parents who wish to stay and observe their child's training session must sit in the bleacher area on the pool deck. We respectfully ask all parents to refrain from talking to the coaches during training time so that we may concentrate on the divers' progression, as well as their safety. At **no** time should you coach your son/daughter before, during, or after practice. If you wish to speak to a coach, please schedule an appointment by e-mailing or calling:

**Larry Albright at 248-760-9676 cell or e-mail: [albrigh3@oakland.edu](mailto:albrigh3@oakland.edu)**

## **Skill Level**

The coaching staff will determine when a diver has learned the skills necessary to move up to the next level. When specific skills are performed well enough, and the diver exhibits a strong work ethic, are able to make corrections quickly, and are emotionally ready, they will be asked to move up to the next level. It is important that the skills in each level are mastered before moving on, not only for a solid fundamental base with proper mechanics, but also for safety purposes.

## **Communication**

Your child's diving coach can have a positive and long lasting relationship with your diver. He or she can help a diver perform well and make diving a pleasant experience. Parents may find it difficult to approach a coach with a question or concern. Remember, the parent and the coach are working together in the best interest of the diver and should feel comfortable discussing any issue that affects the diver. The best time to approach a coach is before or after practice or a meet, not during the event. It is helpful to remember that a coach is most likely concerned with the long-term goals and may have a different perspective than the parent. Also, remember that the coach is concerned with the best interests of the team as well as those of the individual diver. A misunderstanding or miscommunication should be addressed early on before it turns into a more serious problem. Approach the coach with your concern and listen to the coach's explanation. Occasionally, a parent may want to remove a child from a sport due to an unpleasant experience. Before making any abrupt moves, a parent should talk to the coach to see if a less drastic step may improve the situation.

## **Attendance and Tardiness**

Divers must be at practice on time and ready to dive. Siblings and career obligations often make this difficult. Car pools with teammates are often the best solution. Occasionally missing a class is acceptable, but if it happens frequently the diver will be put on the waitlist and another, more committed diver, may take his or her place. Divers are expected to attend all team meetings for their designated team.

### **Make-up Policy**

Due to the class structure, make-up classes will only be permitted according to available space. You must request the make-up in advance and receive permission to come to the requested practice. Make-up classes must be completed within the current training session.

### **Taking a Break**

Divers wanting to take a “complete” break will jeopardize their spot (will not be guaranteed their preferred spot and membership in Legacy Diving regardless of ability or seniority). A diver taking a “complete” break, yet wanting to be supported at a national event will have to pay a \$150 per day coaching fee with a 2-day minimum. Divers wanting to take a break while keeping their spot will need to pay the entire tuition fee for that month otherwise the diver will be treated as if it is a “complete” break and will potentially lose their spot and membership.

## **PARTICIPATION, COMMITMENTS & FUNDRAISERS**

### **PARENT PARTICIPATION:**

LDOU hosts events/meets that occur throughout the year. With the success of such events being dependent on volunteer participation by members and their families, it is expected that each member-family contribute by volunteering to actively participate in the planning and execution of LDOU sponsored events to help them run smoothly.

**FUNDRAISING:** In order to keep the team financially sound, meet our financial commitments for coaches wages, team travel & continue to purchase the necessary training equipment, the following policy is necessary and WILL BE ENFORCED.

ALL LDOU divers & parents are REQUIRED to participate in fundraising efforts. It is required of a family to generate an amount equal to \$100.00 per year. If a diver elects not to participate in such functions, they can be exempted by submitting a check in the amount of their fundraising commitment. A fundraising charge of \$50.00 will be assessed on a semi-annual period. The period is defined as September 9 to December 12 and January 4 to April 29th of the 2018-2019 calendar year.

Fall 2018 – Fundraiser

Dive-A-Thon: Divers will seek pledges for completing a number of dives in an hour, as well as special donations for certain dives. (November 19<sup>th</sup> tentatively)

Spring 2019 – Fundraiser

TBD - (April 29<sup>th</sup> tentatively)

## Learn to Dive & Intermediate Team Calendar

<i>Fall Session</i> <i>No Practice</i>	<i>September 9<sup>th</sup> - October 31<sup>st</sup></i> <i>October 21<sup>st</sup> - Oly Swim Meet</i>
<i>Winter Session I</i> <i>No Practice</i>	<i>November 4<sup>th</sup> - January 2<sup>nd</sup></i> <i>*11/22: Thanksgiving</i> <i>*TBD December 9<sup>th</sup>: Legacy EMU Grand Prix Event</i> <i>*12/24: NO PRACTICE - Christmas Eve</i> <i>*12/25: NO PRACTICE - Christmas Day</i> <i>*12/31: NO PRACTICE - New Years Eve</i> <i>*1/1/2019: NO PRACTICE -New Years Day</i>
<i>Winter Session II</i>	<i>January 6<sup>th</sup> - February 27<sup>th</sup></i>
<i>Spring Session</i> <i>NO PRACTICE</i>	<i>March 3<sup>rd</sup> - April 24<sup>th</sup></i> <i>4/21: NO PRACTICE - Easter Sunday</i>
<i>Summer Session I</i> <i>NO PRACTICE</i>	<i>April 28<sup>th</sup> - June 19<sup>th</sup></i> <i>*5/26 &amp; 5/27: NO PRACTICE MEMORIAL DAY</i>

**\*\*Please note that this schedule is subject to change due to pool events hosted at OU. You can make-up your practice on another day available during the 8 week session as refunds are not given for missed practice days or vacation.**

**A competition calendar will be emailed to you as soon as it is made available!**



## Legacy Diving Registration Form

LEARN TO DIVE TEAM	Days	Time	Training Fees
	<i>Sunday, Monday, Wednesday,</i>	<i>5:00PM - 6:15pm</i>	<i>1 practice/wk - \$160/8 weeks + \$35 member fee=\$195                      2 practice/wk - \$288/8 weeks + \$30 member fee=\$318                      3 practice/wk - \$360/8 weeks + \$50 member fee=\$410</i>
INTERMEDIATE TEAM	Days	Time	Training Fees
	<i>Sunday, Monday, Wednesday,</i>	<i>5:00PM - 7:00pm</i>	<i>1 practice/wk - \$197/8 weeks + \$75 member fee=\$272                      2 practice/wk - \$343/8 weeks+\$100 member fee=\$443                      3 practice/wk - \$385/8 weeks+\$125 member fee=\$510</i>

**PRINT CLEARLY      Complete form below and return with enclosed payment**

<b>*Please indicate the number of days per week you will attend here: _____</b>		
<b>**Include your USD membership # here: _____</b>		
<b>Diver's Full Name</b>	<b>Birth Date</b>	<b>Age</b>
<b>Print Parent's First/Last Names: <u>*Circle parent who will be Legacy billing account manager</u> Valid email needed</b>		
<b>Parent's Email Address: <u>*Please circle which e-mail address you would like us to use for billing invoices</u></b>		
<b>Complete Mailing Address</b>		
<b>Home Phone</b>	<b>Cell Phone</b>	<b>Work Phone</b>
<b>Diver/Parent Signature</b>		<b>Date Registering</b>

I HAVE READ THE LEGACY DIVING CONTRACT AND UNDERSTAND IT COMPLETELY. I ACCEPT THIS CONTRACT FOR THE 2017-2018 LEGACY SEASON. I GIVE MY PERMISSION TO LEGACY DIVING TO USE DIVING PHOTOGRAPHS TAKEN OF ME FOR PURPOSES OF PUBLICITY ON OUR WEBSITE, PROGRAM INFORMATION, POSTERS & LEGACY DIVING FACEBOOK PAGE.

DIVER \_\_\_\_\_ DATE \_\_\_\_\_  
 MOTHER \_\_\_\_\_ DATE \_\_\_\_\_  
 FATHER \_\_\_\_\_ DATE \_\_\_\_\_

\* PLEASE KEEP A COPY OF THIS CONTRACT & INFORMATION PACKET FOR YOUR RECORDS  
 Return **registration & liability forms, USD membership card#, registration fee & payment** to drop box on the pool deck or mail to: **Kari Albright, 2347 Old Salem Ct. Auburn Hills, MI 48326**

# Release of Liability Form

Legacy Diving and staff will do everything in their power to make sure that \_\_\_\_\_ (Diver's Name) is safe while at practice and meets. In any sport kids are at some risk of being injured.

(Print Parent/Guardian's Name) \_\_\_\_\_ understands that there are risks involved in diving. I/We agree not to hold the Legacy Diving coaching staff or Oakland University responsible for any injuries that may occur.

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date

\* Legacy Diving **strongly** recommends that every diver have an annual physical and receive permission from a physician before participating in athletic activity.

## Emergency Contact Information

**Please fill in number(s) where you can be contacted in case of an emergency.**

Parent/Guardian's Name \_\_\_\_\_

Please circle which phone number is the best way to reach you:

Home  
\_\_\_\_\_

Office  
\_\_\_\_\_

Cell  
\_\_\_\_\_

**\*\*Email Address PLEASE PRINT CLEARLY**

\_\_\_\_\_  
**Please list alternate emergency contacts in case of an emergency:**

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Number \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Number \_\_\_\_\_